# Becoming a Callaway County COAD Disaster Partner

Please check all that apply to you.

#### Individual

- am very interested in becoming involved as a volunteer in disaster services.
- have completed the preliminary registration found on the inside of this brochure.
- work full time and can leave my place of employment to serve as a volunteer.
- would only be available during my nonworking hours.
- willing to attend an orientation for the purpose of learning about volunteer/training opportunities and completing my registration and assignment.

#### **Business/Church/Organization**

- would like a representative to schedule a meeting with us to discuss how we can become a working partner.
- are interested in becoming involved as a working partner in disaster services.
- have completed the preliminary registration found on the inside of this brochure.
- are willing to attend an orientation for the purpose of learning about

#### **COAD Partners**

(Community Organizations Active in Disaster)

Callaway County Commission

Callaway County Emergency Management

Callaway County Faith Community

Callaway County Health Department

Callaway County Unit of the American Red Cross

Callaway County United Way

Callaway Emergency Communications, Inc.

Callaway Community Hospital

Family Support Division of Social Services

Fulton State Hospital

Missouri School for the Deaf

SERVE, Inc. RSVP

United Way 2-1-1

Westminster College

CERT

Callaway County MRC

## Callaway County COAD

(Community Organizations Active In Disaster)

# Disaster Volunteer Opportunities



Callaway County Emergency Management



Callaway County Health Department



Heart of Missouri Chapter of the American Red Cross

Contact Information
Callaway County COAD Facilitator
Attention Pam Phelps
4950 County Road 304
Fulton, MO 65251

Phone: (573) 642-6881 ext 243 Fax: (573) 642-2098 E-mail: phelpp@lpha.mopublic.org

# Complete if you represent a Business/Church/Organization

Name				
Information on Contact Person:				
Name				
Address				
City/Zip				
Daytime Phone				
Cell				
Email:				
We would like information on (Circle)				
MRC (Medical Reserve Corp)				
COAD (Community Organizations Active				
in Disaster)				
CERT (Community Emergency Response Team)				
Please rank 1-3 (1being your favorite) the areas that you are willing to be trained in and will support				
during a disaster.				
Bulk Distribution				
Case Management				
Counseling				
Debris Removal				
Emergency Communications				
Mass Care Feeding				
Mass Prophylaxis POD				
Sheltering				
Transportation				

# Complete if you are registering as a disaster volunteer as an individual.

100 T E		
Va	ame	
٩c	ldress	
Cit	ty Zip	
)a	aytime Phone	
Ce	·II	
n	nail:	
	ase check all that apply	
1	I would like information on	
	<ul> <li>American Red Cross</li> <li>Disaster Trainings</li> </ul>	
	□ MRC	
	☐ Suicide Prevention/Intervention	
	<ul> <li>Weather Spotter Training</li> </ul>	
	□ CERT Training	
I am willing to be trained to make		
	presentations on general prepared-	
	ness to all ages of Callaway County	
	residents.	
	Current Skills/Certifications/Licenses	
	Please list below current credentials below	

#### **Available Resources**

Please check all that apply to you or write in the number of individuals from your organization that are willing to volunteer their services or resources during a disaster.

<b>Heavy Equipment</b>	: Operator				
Own Yes or NO:	Bulldozer				
	Backhoe				
	Dump truck				
	Wrecker				
List other equipment:					
Chain saw Operator					
own Yes or No					
Generator(s) how m	nany Size				
Small Trucks	Size				
Large Trucks Size					
Trailers Size _	200				
Туре					
Tractors Size					
Туре					
Portable Heater					
Туре					
4-Wheeler how many					
Snow plow how many					
Snow blower how many					
Snowmobile how many					
<b>Water Craft</b> Type					
Water Pump					
<b>Tent</b> Size					
Storage Area Size					

<b>Our Family Information</b>					
Last Name of Family					
Phone number Emergency/Cell					
Street address (no PO Box #)/City:					
Full name and year of birth for each person in household:					
Do you have a household pet?  Kind How many  Kind How many					
Transportation  Do you have transportation available in an emergency?  Yes No Maybe					
If no, what type is needed? Standard vehicle Wheelchair access Ambulance					
Work Information:					
Place of Employment (for )					
City Phone # Name of co-worker/supervisor					
Place of Employment (for )					
City Phone #					
Name of co-worker/supervisor					

Do you only speak a foreign language?  No Yes Language				
Primary Family Care Physician: Name - Phone # - City -				
Are you or someone in your household (check all that apply): Legally BlindDeafMute Aphasic Homebound				
List special medical needs (i.e. homeless, severe cardiac, diabetic on insulin)				
Do you or someone in your household have special dietary needs?  Type				
Do you or someone in your household use: wheelchair walker/cane				
Do you rely on electricity for home medical treatments? Yes No				
Have you registered with the Callaway County Emergency Management Agency for help in an evacuation? Yes No				
Out-of-Area Emergency Contact: Name:				
Relationship:				
City/State:				
Home phone:				
Work phone:				
Cell phone:				
Email:				
Your information is confidential. Only your Church has it.				

Callaway County Faith Based Community Neighbors Helping Neighbors

# Callaway County COAD

(Community Organizations Active In Disaster))

Faith Based Volunteers
Prepared to Assist
In a Time of Need



Callaway County Emergency Management



Callaway County Health Department



Heart of Missouri Chapter American Red Cross Callaway County Unit



**Contact Information** 

Callaway County Medical Reserve Corps Pam Phelps, Director 4950 County Road 304, Fulton, MO 65251

Phone: (573) 642-6881 ext. 243

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	Wrecker				
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Small Trucks	Size				
Large Trucks Size					
Trailers Size _	200				
Туре					
Tractors Size					
Туре					
Portable Heater					
Туре					
4-Wheeler how many					
Snow plow how many					
Snow blower how many					
Snowmobile how many					
<b>Water Craft</b> Type					
Water Pump					
<b>Tent</b> Size					
Storage Area Size					

Suicide Prevention Lifeline 1800-273-TALK(8255) Suicidepreventionlifeline.org



If you or someone you know is thinking about suicide, please call NOW. Help is available.

Suicide Prevention Lifeline 1800-273-TALK(8255) Suicidepreventionlifeline.org

## SAMHSA'S WELLNESS INITIATIVE

Eight Dimensions of Wellness

# ENOTIONAL Coping effectively with life and creating satisfying relationships. ENVIRONMENTAL Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL

Satisfaction with current and future financial situations.

INTELLECTUAL
Recognizing creative
abilities and finding
ways to expand
knowledge and skills.

#### SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.



Recognizing the need for physical activity, diet, sleep, and nutrition.

#### SPIRITUAL

Expanding our sense of purpose and meaning in life.

### OCCUPATIONAL Personal satisfaction and enrichment derived from one's work.

WELLNESS

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit http://www.samhsa.gov/wellness.

For information, contact:

SAMHSA's Wellness Initiative 1 Choke Cherry Road Rockville, MD 20857 E-mail: wellness@samhsa.hhs.gov

\*Source: Swarbrick, M. (2006). A wellness approach. Psychiatric Rehabilitation Journal, 29(4), 3311-3314.

among mental health consumers, professionals, and primary care

Communication

providers about

health information is essential to

overall wellness.











#### Missouri Consumer Operated Warm Lines



Department of Mental Health 1706 E. Elm St., P.O. Box 687 Jefferson City, MO 65102 Telephone: 573-751-8017 Fax: 573-751-7815 www.dmh.mo.gov

Compassionate Ear
739 Minnesota Avenue
Kansas City, KS 66112
Local Phone: (913) 281-2251
Toll Free 1-866-WARMEAR (927-6327)
Lois Hohn, Coordinator
E-mail: hohn@mihah.org

4:00 pm - 10:00 pm 365 days (Including Holidays) https://www.facebook.com/pages/Recovery-and-Empowerment-CenterCompassionate-Ear/178510392336820?ref=hl

The Hope Center
NAMI Southwest Missouri
1701 S. Campbell
Springfield, MO 65807
Local Phone: (417) 864-3676
Toll Free: 1-877-535-4357
Patricia Click, Acting Director
E-mail: patricia@namiswmo.com
Janet McElvoy, Assistant Director
E-mail: jmcelvoy@namiswmo.com

Mon - Fri 9:30 am - 10:00 pm Sat & Sun 10:00 am - 10:00 pm (Including Holidays)

TLC Warm Line
Community Counseling Center
402 Silver Springs Road
Cape Girardeau, MO 63703
Office: (573) 339-6105 or
(573) 334-1100 ext. 6105
Local: (573) 651-3642
Toll Free: 1-877-626-0638
Debra Jones, Program Director
E-mail: djones@ccentr.com

4:00 pm - 10:00 pm 365 days

NAMI Missouri
3405 West Truman Blvd., Ste. 102
Jefferson City, MO 65109
Phone: (573) 634-7727
Fax: (573) 761-5636
Toll Free: 1-800-374-2138
Cindi Keele, Executive Director
E-mail: namimocjk@yahoo.com
Alice Kliethermes, Director of Consumer Services
E-mail: namimoconsumers@yahoo.com
Seth Orear, Asst. to Dir. of Consumer Services
E-mail: namimoso@yahoo.com

Mon - Fri 9:00 am - 5:00 pm Weekends & Holidays 3:00 pm - 9:00 pm

The Friendship Line
1908 Olive St.
St. Louis, MO 63103
Local Phone: (314) 652-6100
Fax: (314) 652-6103
Toll Free: 1-866-525-1442
E-mail: www.dbsaempowerment.org
Helen Minth, Executive Director
E-mail: hminth@sbcglobal.net
Sarah Earll, Assistant Director
E-mail: ssearll@sbcglobal.net

Mon – Fri 9:00 am – 3:00 pm Sat & Sun 7:00 am – 3:00 pm (Including Holidays)

#### Missouri Consumer Operated Drop-In Centers



Department of Mental Health 1706 E. Elm St., P.O. Box 687 Jefferson City, MO 65102 Telephone: 573-751-8017 Fax: 573-751-7815 www.dmh.mo.gov

Recovery Empowerment Center 629 Benton Blvd.
Kansas City, MO 64124
Phone: (816) 231-2753
Sue Lewis
E-mail: slewis@mhah.org
Zach Johnston, Manager
E-mail: zjohnston@mhah.org

Mon-Fri 10:00am-4:00pm Sat 10:00am-2:00pm https://www.facebook.com/pages/Recovery-and-Empowerment-CenterCompassionate-Ear /1785103923368207ref=hl

1701 S. Campbell
Springfield, MO 65807
Admin Office: (417)864-7119
Phone: (417)864-3027
Toll Free: (877)535-4357
Fax: (417)864-5011
Patricia Click, Acting Director
E-mail: patricia@namiswmo.com
Janet Mcelvoy, Assistant Director
E-mail: imcelvoy@namiswmo.com

The Hope Center

Mon-Fri 9:30am-5:00pm Sat 9:30am-3:00pm (Closed Sunday)

**Prime Time** 

Truman Behavioral Health
2211 Charlotte
Kansas City, MO 64108
Phone: (816)404-6384
Fax: (816)404-6388
Mirna Herrera, Program Director
E-mail: mirna.herrera@tmcmed.org

Mon-Fri 2:30pm-7:30pm Sat 9:00am-2:00pm Self-Help Center 8301 Crest Industrial Drive St. Louis, MO 63123 Phone: (314)200-HELP(4357) Fax: (314)781-0910

Nancy Bollinger, Executive Director
E-mail: nancy.bollinger@selfhelpcenter.org

Mon & Thurs. 9:00am-4:00p m Tues & Wed. 8:00am-5:00pm (closed Fri., Sat. & Sun.)

St. Louis Empowerment Center 1908 Olive St. St. Louis, MO 63103 Phone: (314)652-6100 Fax: (314)652-6103

E-mail: www.dbsaempowerment.org Helen Minth, Executive Director E-mail: hminth@sbcglobal.net Sarah Earll, Assistant Director E-mail: ssearll@sbcglobal.net

Mon-Fri 9:00am-3:00pm Sat 9:00am-3:00pm Sun 9:00am-11:00pm

Resource list from LOOKUP! WAKEUP! STEPUP! Workshop on	
Youth Mental Wellness 4-30-2014	
	http://www.slate.com/articles/life/family/2013/11/families dealing with m
Article: No One Brings Dinner When Your Daughter is an Addict	ental illness need support too.html
	http://www.psychologytoday.com/blog/two-takes-depression/201402/7-
Article: Seven Things a Child with Depression Should Know	things-child-depression-should-know
	http://www.nami.org/MSTemplate.cfm?Section=Resources200&Site=NAMI
Audio file: What to Expect of Therapy, Laurel Harlan, LCSW,	of Columbia&Template=/ContentManagement/ContentDisplay.cfm&Conten
Human Dynamics	<u>tID=164687</u>
	http://nocasserolesforschiz-author.blogspot.com/2010/02/where-truth-
Blogpost: No Casseroles for Schizophernia	support-and-hope-began.html#links
Bring Change 2 Mind	http://www.bringchange2mind.org/
Columbia Interfaith Council	Mtgs last Wed. of the month; Senior Center, 1121 Business Loop 70 East #1, Columbia MO; President Dave Thomas 314-749-6212 9thomasdc@gmail.com
Community Anti-Drug Coalitions of America	http://www.cadca.org/
Compass Prevention	http://compasshealthhome.org/compass-prevention
Depression and Bipolar Support Alliance	www.dbsalliance.org
Do You Think or Know your Child is using Drugs or Alcohol?	http://www.drugfree.org/intervene
Family Counseling Center of Missouri	http://www.compasshealthhome.org/family-counseling-center
Mental Health First Aid in Missouri	http://mhfamissouri.org/
Mid-America Center for Ministry	http://midamericacenterforministry.wordpress.com/
Missouri Deparment of Mental Health	http://dmh.mo.gov/
NAMINational Alliance on Mental Illness	www.nami.org
MU Center for Religion in the Professions	http://www.religionandprofessions.org/
NAMI Columbia, MO	www.nami.org/sites/namiofcolumbia
	http://www.nami.org/template.cfm?section=Education Training and Peer
NAMI Education and Support Center	Support Center
	http://www.nami.org/MSTemplate.cfm?Section=FaithNet NAMI1&Site=Fait
	hNet NAMI&Template=/MSTemplate.cfm?Section=FaithNet NAMI1&Site=F
	aithNet NAMI&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=66&
NAMI Faith Net	ContentID=33925&micrositeID=176
NAMI Missouri	www.nami.org/sites/mo
National Council on Behavioral Health	http://www.thenationalcouncil.org/
National Institue on Alcohol Abuse and Alcoholism	http://www.niaaa.nih.gov/
Partnership at Drug-free. Org	www.drugfree.org
Phoenix Health Programs, Inc. (Formerly Phoenix Programs, Inc)	www.phoenixprogramsinc.org
1000	http://www.phoenixprogramsinc.org/wp-
Phoenix Health Programsonline resources for parents, youth	content/uploads/Helpful Online Resources for Youth Young Adults Paren
and young adults	ts 2-2012-1.pdf
Search Institute	http://www.search-institute.org/
Substance Abuse and Mental Health Services Administration	
SAMHSA	www.samhsa.gov
TREETeen Relationship Education and Empowerment	http://www.teenrelationshipeducation.org/
YC2-Youth Community Coalition	www.yc2.org

#### **NAMI** Missouri

Responders offer words of encouragement & compassion to persons living with mental illness in 21 counties plus the Joplin area. 9-5 Monday - Friday, 3-9 p.m. weekends & holidays! The call is FREE! National Alliance On Mental Illness Missouri

WARMline 1-800-374-2138

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WARMline 1-800-374-2138

A WARMline is a peer phone support service operated for consumers by consumers. Who else could understand better? We support you in the steps you take toward your recovery by offering a safe connection, encouragement, compassion, understanding, access to community resources, skills development, daily living supports, hope for troublesome symptoms, education & insight. We also offer other programs for consumers.

A WARMline is a peer phone support service operated for consumers by consumers. Who else could understand better? We support you in the steps you take toward your recovery by offering a safe connection, encouragement, compassion, understanding, access to community resources, skills development, daily living supports, hope for troublesome symptoms, education & insight. We also offer other programs for consumers.

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# NAMI Missouri's WARMline SUPPORTS RECOVERY!

When you have a mental illness, dealing with symptoms, expensive medicines, long waits for doctors appointments and misunderstandings about your illness can be terribly isolating. Even people with the very best of intentions sometimes don't understand the long road to recovery.

WE DO, because we have been where you are.

#### NAMI Missouri's

(National Alliance on Mental Illness)

#### **FREE WARMline service**

is operated by mental health consumers for mental health consumers.

You don't have to explain. We know. The WARMline offers words of encouragement and compassion to mental health consumers in 21 counties in central Missouri and the Joplin area.

We are waiting for your call!
9 a.m.-5 p.m. weekdays,
3-9 p.m. weekends and holidays
7 days a week.



1-800-374-2138

NAMI MO WARMline

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MAMI MO WARMIIN 1-800-374-213 AMI MO WARMline